

Smart Tips for a Healthy Spring

SMART TIPS FOR A HEALTHY SPRING

DOVER – Spring's warm temperatures bring new opportunities for outdoor recreation and healthy eating. The Division of Public Health (DPH) reminds you that it's a great time to dust off the bikes, find the tennis balls, and buy more sunscreen. Spring creates more opportunities to be active, like stepping outside for a walk or visiting the park, and to find a local farmers' market to buy seasonal, healthy fruits and vegetables.

"Spring is a great time to get more active and eat healthier. Most people feel better after walking, jogging, bicycling, playing tennis, or playing with their kids at the park," said DPH Director Dr. Karyl Rattay. "Becoming more physically active reduces the chance of developing chronic diseases such as obesity, diabetes, cardiovascular disease, and certain cancers. Fitness also reduces stress and helps prevent heart attacks and strokes." Just remember to prevent injuries by wearing protective gear, including bicycle helmets and reflective walking clothes.

The Delaware Division of Public Health (DPH) recommends following the 5-2-1 Almost None formula for healthy behavior: eating at least 5 servings of fruit or vegetables a day, watching no more than two hours of recreational screen time daily, getting 1 hour of physical activity each day, and drinking almost no sugar-sweetened drinks. Remember to opt for water when replacing those sugary beverages. For more information about 5-2-1 Almost None, visit <http://dhss.delaware.gov/dhss/dph/dpc/521almostnone.html>.

With two-thirds of Delaware adults and children carrying

excess weight, more physical activity can help them reach a healthier weight. Try walking for 10 minutes daily, then slowly increase the amount you walk a day. Being physically active does not have to be an intense workout either; physical activity can include dancing, gardening, or playing with your kids. For more fun tips on physical activity, visit www.getupanddosomething.org.

Eat the wonderful and fresh produce that is available. Delaware's Buy Local Guide, at <http://de.gov/buylocal>, can connect you with local farm stands, farmers' markets and other sources of fresh, local foods and products from Delaware family farms. You can also connect to the Delaware Fresh app on your mobile device and find locations near you. To improve your diet, choose low-fat dairy products with reduced saturated and total (trans) fat. (Ideal total cholesterol is less than 200 mg/dl.) Also select low-sodium prepared foods. The Centers for Disease Control and Prevention recommends adults aim for no more than 2,300 milligrams of sodium per day.

To reduce the possibility of a heart attack or stroke, adults should maintain these recommended waist sizes: for women, less than 35 inches; for men, less than 40 inches; for Asian men, 35 inches; and for Asian women, 32 inches. Persons with results outside these ranges are considered at risk and should visit their healthcare provider. For heart-healthy recipes and news, visit www.facebook.com/millionheartedelaware.

This is also the season to do some spring cleaning. Mold and household dusts can trigger asthma attacks. DPH recommends reading cleaning product labels and taking recommended precautions to prevent accidentally poisoning household members. Air fresheners, laundry supplies, dry-cleaned clothes, moth repellents and pesticides, and cosmetics may contain chemicals linked with cancer. Consider using products with natural ingredients. For more tips, visit DPH's Healthy Homes website,

<http://dhss.delaware.gov/dhss/dph/hsp/healthyhomes.html>.

Delaware Health and Social Services is committed to improving the quality of the lives of Delaware's citizens by promoting health and well-being, fostering self-sufficiency, and protecting vulnerable populations. DPH, a division of DHSS, urges Delawareans to make healthier choices with the 5-2-1 Almost None campaign: eat 5 or more fruits and vegetables each day, have no more than 2 hours of recreational screen time each day (includes TV, computer, gaming), get 1 or more hours of physical activity each day, drink almost no sugary beverages.

###

Rita Landgraf, Secretary

Jill Fredel, Director of Communications

302-255-9047, Cell 302-357-7498

Email: jill.fredel@delaware.gov

[Delaware Health and Social Services](#) – [Division of Public Health](#)